

# How Many Fruits and Vegetables Do You Need?

Everybody should eat a healthy diet rich in fruits and vegetables. But most adults need to eat more than children. And men need even more than women. Over 75% of all African Americans aren't eating enough fruits and vegetables to keep them healthy.

less active


AGE	FRUITS	VEGETABLES
19-30	2 cups	2½ cups
31-50	1½ cups	2½ cups
51+	1½ cups	2 cups

fairly active

19-50	2 cups	2½ cups
51+	1½ cups	2½ cups

active

19-50	2 cups	3 cups
51+	2 cups	2½ cups



less active


AGE	FRUITS	VEGETABLES
19-50	2 cups	3 cups
51+	2 cups	2½ cups

fairly active

19-30	2 cups	3½ cups
31+	2 cups	3 cups

active

19-30	2½ cups	4 cup
31-50	2½ cups	3½ cups
51+	2 cups	3 cups



less active


AGE	FRUITS	VEGETABLES
2-3	1 cup	1 cup
4-8	1 cup	1½ cups
9-13	1½ cups	2 cups
14-18	1½ cups	2½ cups

fairly active

2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2 cups
14-18	2 cups	2½ cups

active

2-3	1 cup	1 cup
4-8	1½ cups	1½ cups
9-13	1½ cups	2½ cups
14-18	2 cups	3 cups



less active

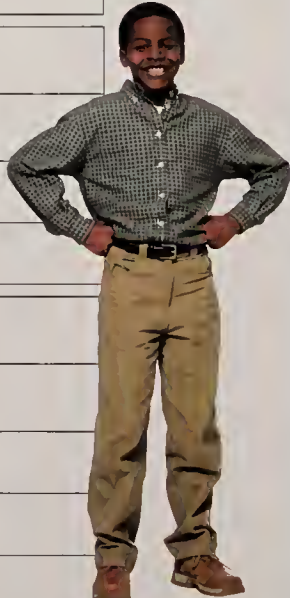
AGE	FRUITS	VEGETABLES
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4-8	1½ cups	1½ cups
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fairly active

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active

2-3	1 cup	1 cup
4-8	1½ cups	2 cups
9-13	2 cups	2½ cups
14-18	2½ cups	3½ cups



MOST AFRICAN AMERICANS NEED TO EAT MORE FRUITS AND VEGETABLES EVERY DAY

